

Feeding 4-6 month olds

What your baby may be doing now:

- ☛ Sitting supported and having good head control
- ☛ Opening mouth when seeing a spoon
- ☛ Removing food from spoon with lips and tongue
- ☛ Moving from front to back of tongue to swallow
- ☛ Using jaw control to munch up and down
- ☛ Using whole hand to grasp objects

What new foods you can offer:

Infant cereals

- ☛ Rice cereal
- ☛ Oatmeal
- ☛ Barley cereal

Juices (no more than 2-4 oz a day)

- ☛ Apple
- ☛ White grape

you can dilute juice with extra water to decrease sweetness

Tips for introducing solid food to your baby:

- ☛ Try the rice cereal first. It is the easiest for your baby to digest.

Introduce new single ingredient foods, one at a time.

- ☛ In order to watch for signs of a food allergy, such as rashes, itching, swelling and redness, feed each new food 3 to 5 days in a row before starting a new food.
- ☛ Do not introduce new foods earlier than is recommended.
- ☛ Introduce foods with a spoon.
- ☛ Be patient. Refusing new foods, spilling, and making a mess are normal when your baby is learning to eat.

Offer your baby breastmilk, iron-fortified formula, or some juice from a cup.



Sample Menu

Early morning

Breastmilk or iron-fortified formula

Mid to late morning

Breastmilk or iron-fortified formula

1-2 Tbsp. rice cereal mixed with breastmilk or iron-fortified formula

Mid-day

Breastmilk or iron-fortified formula

Mid-afternoon

Breastmilk or iron-fortified formula

2 oz. juice in a cup

1-2 Tbsp. rice cereal mixed with breastmilk or iron-fortified formula

Early evening

Breastmilk or iron-fortified formula

Before bedtime

Breastmilk or iron-fortified formula

Try to feed your baby as close to your scheduled meal times as possible to help establish a family meal time routine.